

mayor's HealthyHometown

GOOD FOR YOUR BODY, GREAT FOR EVERYBODY.

All Classes
FREE!

Louisville Metro Department of Public Health & Wellness

400 E. Gray Street
P.O. Box 1704
Louisville, KY 40201-1704



YMCA's Diabetes Prevention Program



Are you at high risk of developing Type 2 diabetes? Do you have pre diabetes? If so, this program is for you! The program focuses on eating healthier, increasing physical activity, and losing a small amount of weight, all of which can prevent or delay the onset of type 2 diabetes by almost 60%, based on research funded by the National Institutes of Health and Centers for Disease Control and Prevention.

The YMCA Diabetes Prevention Program includes 16 weekly sessions followed by monthly maintenance sessions to help you keep on track.

Healthy eating, physical activity and behavior change are covered in the weekly sessions, to help participants achieve two goals: reduce their body weight by 7% and participate in regular physical activity.

Contact Erin Brown of the YMCA at (502) 314-1613 or ebrown@ymcalouisville.org for more information on how to participate and for class locations.

Living Well Workshops

Diet
&
Exercise

Do you have diabetes, arthritis, asthma, heart or lung disease, high blood pressure, cancer, pain, depression, or other on-going health conditions?

The **Living Well Workshop** is a chronic disease self-management program where you can get support and learn how to manage your condition. Workshops meet once a week for 6 weeks. Participants who complete the workshop get a free 8-week membership* to the YMCA of Greater Louisville!

(*Available only to participants who have never had a YMCA membership.)

Workshops will be offered at various locations in Winter and Spring 2013.

For more information and to register for the Living Well Workshop, call (502) 852-1804.

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Health & Wellness Class Schedules
January - June 2013

All Classes
FREE!

Diabetes • Exercise • Quit Smoking • Nutrition

Learn How to Manage Diabetes

Taught by Certified Diabetes Educators. Attendance at all sessions in a series is strongly encouraged.
All classes are FREE. Please arrive 15 minutes early for the first class.

Registration required. Call 574-6663.

WEEK 1

What is diabetes?
Monitoring,
Nutrition Basics.
What is a
Carbohydrate?

WEEK 2

Dealing with sick days
and acute complications.
Medications,
Carbohydrate counting.
Putting it into practice.

WEEK 3

Staying healthy and
taking care of yourself.
Carbohydrate counting,
fats, sodium and
label reading.

WEEK 4

Taking care of your
feet. Weight loss and
maintenance.
Exercise and Healthy
coping.

Bon Air Branch
Louisville Free Public Library
2816 Del Rio Place, 40220
Thursdays, January 10, 17, 24 & 31
1:00 - 3:30 p.m.

East Government Center
200 Juneau Dr., 40243
Thursdays, Feb. 7, 14, 21 & 28
1:00 - 3:30 p.m.

Shawnee Health Center
234 Amy Ave., 40212
Mondays, March 4, 11, 18 & 25
5:30 - 7:30 p.m.

Neighborhood Place Ujima
3610 Bohne Ave., 40211
Mondays, April 8, 15, 22 & 29
2:00 - 4:30 p.m.

**Louisville Metro Department of
Public Health & Wellness**
400 E. Gray St., 40202
Saturdays, May 11 (Weeks 1 & 2)
and May 18 (Weeks 3 & 4)
8:00 a.m. - 12:00 p.m.

Fairdale Branch
Louisville Free Public Library
10620 W. Manslick Rd., 40118
Mondays, June 3, 10, 17 & 24
5:00 - 7:00 p.m.

Active Steps for Diabetes

A FREE innovative 14-week program led by Bellarmine University Departments of Physical Therapy and Nursing. Advance registration required. Call 574-6663

- For people with diabetes who have trouble exercising due to pain or fatigue
- Healthcare professionals advise and support you in managing your diabetes
- Weekly tips for managing diabetes including instruction in monitoring blood glucose, exercise, weight control, and medical care
- Low impact physical activity to help you manage your diabetes

Participants receive FREE:

- blood sugar screenings
- physical fitness screenings
- diabetes self-management and exercise classes
- exercise equipment including, exercise bands and a pedometer
- charts for encouraging good eating and physical activity habits for managing diabetes

WHEN: Tuesdays & Thursdays beginning Thursday, January 17 through Thursday, April 25 from 11:00 a.m. - 1:00 p.m.
WHERE: Park DuValle Community Health Center, 3015 Wilson Ave., 40211



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Recipe RX:

Cooking for a Healthy Heart

Louisville Metro Department of Public Health & Wellness, in collaboration with the University of Louisville Stroke Program, will be presenting a two class education and cooking demonstration series on nutrition for healthy heart. **Please call 574-6663 for information on date, time and location.**

Class 1: Cholesterol - What is it? What should my levels be? What foods should I choose? How do I make my meals taste good?

Class 2: Sodium - Why is it so important? What foods contain the most sodium? How can I cook without salt; what seasonings can I use?



So You Want to Quit Using Tobacco Products?

Here are Some Options:

Quit Now Kentucky

1-800-QUIT NOW (1-800-784-8669)

Quit Now Kentucky is a FREE telephone service that helps people quit smoking and using tobacco products.

Quit Now Kentucky

Kentuckians who want to stop using tobacco OR are concerned about a family member or friend's tobacco use can call from 8:00 a.m. to 1:00 a.m. (EST) 7 days/week. A 24-hour voice mail and recorded QuitFacts are available after hours.

Callers receive FREE support and coaching from an experienced quit specialist, a personalized quit program with self-help materials and the latest information about medications that can help with quitting.

Translation service for other languages is available, free of charge, at the time of each call. For the deaf and hard of hearing community TTY: 888-229-2182.



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Want To Stop Smoking? Here's How!

Cooper Clayton Smoking Cessation Programs

This highly successful program provides 13 weekly, one-hour sessions that include education, skills training, group support, and nicotine replacement therapy (NRT). Participants use NRT for 10 weeks; all 10 weeks are provided FREE unless indicated below. NRT will be dispensed on a week-to-week basis by the class facilitator. NRT approved for these classes are Nicoderm CQ patches, Nicorette Gum or Nicorette Lozenges. Dates listed below are start dates for each series. **Additional class series may be added, so call or e-mail for the most up-to-date listing!**

Once a series has begun, we cannot add additional participants. All classes, educational materials, and NRT are provided free. Advance registration is required. Call **574-STOP (7867)** or e-mail StopSmoking@louisvilleky.gov

January 3, 2013 - Thursdays

12:00 p.m. - 1:00 p.m.
Jewish Medical Center Northeast
2401 Terra Crossing Blvd.,
2nd Floor Community Room, 40245

January 3, 2013 - Thursdays

1:00 p.m. - 2:00 p.m.
Family Scholar House
403 Reg Smith Circle, 40208

January 3, 2013 - Thursdays

4:30 p.m. - 5:30 p.m.
Transit Authority of River City
1000 W. Broadway, 40203

January 8, 2013 - Tuesdays

12:00 p.m. - 1:00 p.m.
Sullivan University College of Pharmacy
Sullivan University Training Center Room
2100 Gardiner Lane, 40205

January 8, 2013 - Tuesdays

5:30 p.m. - 6:30 p.m.
Bullitt County Health Dept. Annex
181 Lees Valley Road
Shepherdsville, KY 40165

* This class receives only the first two weeks of NRT free.

January 9, 2013 - Wednesdays

11:00 a.m. - 12:00 p.m.
Norton Audubon Hospital
1 Audubon Plaza Drive
Community Room, 40217

January 9, 2013 - Wednesdays

6:45 p.m. - 7:45 p.m.
Green Castle Baptist Church
4970 Murphy Ln., 40241

January 10, 2013 - Thursdays

5:30 p.m. - 6:30 p.m.
Norton Suburban Cancer Resource Ctr.
3991 Dutchmans Ln., Plaza II
Joan Riehm Community Room
3rd Floor, 40207

January 10, 2013 - Thursdays

6:30 p.m. - 7:30 p.m.
Sun Valley Community Center
6505 Bethany Ln., 40272

January 15, 2013 - Tuesdays

6:30 p.m. - 7:30 p.m.
Oldham County Health Dept.
1786 Commerce Pkwy.
LaGrange, KY 40031

January 17, 2013 - Thursdays

6:00 p.m. - 7:00 p.m.
Family Health Center Portland
2215 Portland Ave., 40212

January 18, 2013 - Fridays

12:00 p.m. - 1:00 p.m.
Kentucky Cancer Program
James Graham Brown Cancer Center
Resource Center, 529 S. Jackson St.
1st floor, 40202

January 21, 2013 - Mondays

6:00 p.m. - 7:00 p.m.
Norton Audubon Cancer Resource Center
2355 Poplar Level Road
Medical Plaza West, Ste. 300, 40217

January 24, 2013 - Thursdays

12:00 p.m. - 1:00 p.m.
Louisville Metro Department of
Public Health & Wellness
400 E. Gray Street, Forum, 40202

January 24, 2013 - Thursdays

6:30 p.m. - 7:30 p.m.
Catholic Enrichment Center
3146 W. Broadway, Room C, 40211

January 28, 2013 - Mondays

11:00 a.m. - 12:00 p.m.
Family Health Center Portland
2215 Portland Ave., 40212

January 28, 2013 - Mondays

5:00 p.m. - 6:00 p.m.
Baptist Hospital East, Education Center
2nd Floor, 4000 Kresge Way, 40207

February 6, 2013 - Wednesdays

4:00 p.m. - 5:00 p.m.
Shelby County Extension Office
1117 Frankfort Rd., Shelbyville, KY 40065

* Free NRT not available for this class.

March 5, 2013 - Tuesdays

11:00 a.m. - 12:00 p.m.
Family Health Center Portland
2215 Portland Ave., 40212

March 5, 2013 - Tuesdays

12:00 p.m. - 1:00 p.m.
Bullitt County Health Dept. Annex
181 Lees Valley Road
Shepherdsville, KY 40165

* This class receives only the first two weeks of NRT free.

March 27, 2013 - Wednesdays

1:00 p.m. - 2:00 p.m.
Bates Community Development Corp.
1228 S. Jackson St., 40203

April 2, 2013 - Tuesdays

12:00 p.m. - 1:00 p.m.
Transit Authority of River City
1000 W. Broadway, 40203

April 4, 2013 - Thursdays

12:00 p.m. - 1:00 p.m.
Sts. Mary & Elizabeth Hospital
Assembly Room
1850 Bluegrass Ave., 40215

April 9, 2013 - Tuesdays

5:00 p.m. - 6:00 p.m.
Sullivan University College of Pharmacy
Sullivan University Training Center Room
2100 Gardiner Ln., 40205

April 11, 2013 - Thursdays

6:00 p.m. - 7:00 p.m.
Family Health Center Portland
2215 Portland Ave., 40212

April 18, 2013 - Thursdays

6:30 p.m. - 7:30 p.m.
Sun Valley Community Center
6505 Bethany Ln., 40272

April 22, 2013 - Mondays

11:00 a.m. - 12:00 p.m.
Family Health Center Portland
2215 Portland Ave., 40212

May 17, 2013 - Fridays

12:00 p.m. - 1:00 p.m.
Kentucky Cancer Program
James Graham Brown Cancer
Center, Resource Center
529 S. Jackson Street
1st floor, 40202